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THE DORMITION OF THE MOTHER OF GOD

Hanging on the Cross, Christ was concerned about His mother. He told Apostle John to care for her as if he were her son. St. John took her to Sion in Jerusalem, where he lived and settled her here to pass her remaining days on earth. By her prayers, her kindly and sage advice, her meekness and patience, she was of immense help to her Son's apostles.

She spent most of her time in Jerusalem, but recorded evidence shows that she visited Golgotha, Bethlehem, and the Mount of Olives, which were in the vicinity. She traveled further abroad visiting St. Ignatius the God-bearer, St Lazarus (who was raised from the dead by Christ), the Bishop of Cyprus, and to the Holy Mountain.

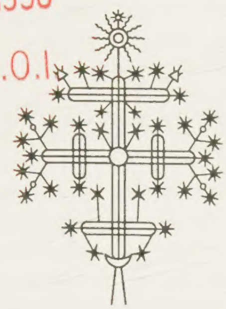
One day while praying at the Mount of Olives, on the spot where Christ ascended into heaven, the Archangel Gabriel appeared to her and told her that she would enter into rest in three days. The angel gave her a palm-branch to be carried in her funeral procession.

She returned home with great joy and one of her parting wishes was to see the apostles. They gathered in Sion all except St. Thomas. She advised and encouraged them to continue in their missions and peacefully gave her soul into God's hands. Accompanied by many Christians, her body was taken to the Garden of Gethsemane to the grave site of her parents, Joachim and Anna.

It was left to Apostle Thomas to reveal a new and glorious mystery about the Mother of God. He arrived on the third day after she was buried and begged to see her body in the tomb. The tomb was opened by the apostles and her body was gone; only the winding sheet and the fragrance of fresh flowers remained.

Remembering this sign, we bless flowers on the Holy Day of the Dormition. In many areas of Eastern Europe, herbs and seeds are also blessed. Some of these are used in healing teas. These blessed flowers are

(Continued on Page 21, Col. 1)



This is number 7 of the series on wrought-iron crosses removed from Eastern Christian Churches in the Lemko/ Galician/Austro-Hungarian area which is now located in southern Poland. Many of them have been removed from churches in which our ancestors worshipped before they emigrated.

The cross pictured today is fancier than most. It probably graced the main cupola on the church. The cross on each cupola was different. Notice the sun on the top of the cross and the moon on the bottom. The sun has energy rays and symbolizes Christ as the Light of the world.

OBSERVATIONS ON CARPATHIAN TOURS

For most of us a gap yawns between where our life stands now and where we want it to go. That distant goal can take on different shapes and forms. Sometimes we're not asking for a lot: a weekend at the shore, a bigger take-home check, a trade school certificate, a trip down the aisle, a longed-for reconciliation. Sometimes our desires are not as clear: happiness, a sense of worth, inner peace, success or perhaps a change of circumstances beckon us across a vast, forbidding chasm. Oftentimes what we hope for seems a world away.

Consider the plight of our "blood-kin" in the Carpathian area. We can think about bridging gaps and we will find that it creates traffic both ways. Contact with them educates us. When we see the odds they are up against, we weep. When we hear of their patient ingenuity and grit, we are

(Continued on Page 21, Col. 1)

GLORY AND TRANSFIGURATION

On Transfiguration we read from 2 Peter 10-19. In verse 17 we read: "For He received from God the Father honor and glory when such a voice came to Him from the Excellent Glory: 'This is My beloved Son, in whom I am well pleased'."

What is glory?

Have you ever asked yourself that question? You say the word "glory" several times in our daily prayers and hear them at the Divine Liturgy. In reciting the Creed (of what you believe) you say God will come in glory to judge the living and the dead.

What is glory?

It's a rich word, full of connotations and very common in the Bible. Look up "glory" in a concordance and you will find column after column of references about the glory of the Lord, etc.

In the Old Testament, glory was used to mean the awesomeness of the Lord. The Hebrew word that was used meant weighty and impressive, and it was often used in connection with powerful natural events, like earthquakes, thunderstorms, and erupting volcanoes.

Glory was fire, lightning, flashes of brilliant flame that one could not stand to see unless it was cloaked in a cloud. Gradually, as the people of God came to know Him, glory took on new meaning. God's glory became His triumph over all, His saving power and His Kingliness.

In the New Testament, this glory is applied to Christ as a means of showing that He is the Son of God. At the Transfiguration and Resurrection, this glory shows forth, but, at other times, it had to be hidden.

In heaven, we shall hope to see the glory of God in its fullness: God's power and love, His grace and majesty, His justice and mercy.

Glory to the Father, and to the Son, and to the Holy Spirit, now, and ever, and unto ages of ages. Amen.

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If you think education is expensive, try ignorance.

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News CHRONOLOGY

AUGUST 1998

DIED: Matushka Susanna Padick Pishtey in Middletown, PA. She was 98.
Fr. Joseph Chernushin in Hollidaysburg, PA. He was 72.
Fr. Gregory (Edward) Onisko in Garfield, NJ. He was 82.
Matushka Wilma Waschak, Pittsburgh, PA.

GUIDELINES FOR INFANT COMMUNION were issued by the Eparchy of Stamford Ukrainian Greek Catholic Church: "Effective Easter Sunday 1998, any child who has been baptized in the Eparchy of Stamford will receive all three mysteries of initiation – Baptism, Chrismation and Eucharist – at the same time. The Eucharist will be received as a drop of the precious Blood of Our Lord either on the tip of the spoon or on the tip of the little finger of the priest. The Eucharist will be received in this manner until after the reception of sacramental confession. At that time there will be a first solemn Communion at which the child will receive both the precious Body and Blood of our Lord."

AT THE 70TH ANNUAL ACADEMY AWARDS ceremony in Los Angeles, a 26-minute documentary about a Japanese diplomat who saved East European Jews won the award for best live action. The diplomat was Japanese counsel general in Lithuania and defied orders by making visas for fleeing Jews. Chiune Sugihara, born a Buddhist, became a Christian in the Russian Orthodox Church along with his wife and sons. A campaign to recognize his valor by issuing a U.S. postage stamp is under way.

HIEROMONK SERAPHIM (Debes) arrived in America from St. Paul's Monastery on Mt. Athos to help organize Athonite type monasticism in the Greek Orthodox Diocese of Pittsburgh. Fr. Seraphim spent 16 years at St. Paul's receiving the great schema in 1986. He has translated many works from the original Greek. His translation of the Akathist Hymn is the best known.

ST. VLADIMIR'S SEMINARY has announced that a facility including a library, administration offices and auditorium, will bear the name of John G. Rangos, who donated 1 million dollars to start the successful 20 million capital campaign.

A SERVICE AT THE ROCKEFELLER CHAPEL in Chicago on Oct. 4 will formally declare the Evangelical Lutheran, Presbyterian (USA), the Reformed Church in America and the United Church of Christ denominations to be in full communion.

THE GREEK ORTHODOX ARCHDIOCESE has received Metropolitan Paisios and Bishop Vikentios both of Astoria, New York, after their acceptance by Patriarch Bartholomew. They are founders of St. Irene Monastery, which was also accepted as well as its dependencies and 30,000 communicants. In 1924 they remained on the Julian Calendar when the Archdiocese switched to the New. The rift is resolved. The traditionalists will remain on the Julian Calendar.

THE MEETING BETWEEN Patriarch Aleksy and Pope Paul will not take place because of two main problems: the treatment of Orthodox believers in western Ukraine, and Catholic proselytizing inside Russia among people baptized as Orthodox with Orthodox roots.

SERBS INCARCERATED by the Hague War Crime Tribunal in Seveningen, Holland are visited by a priest of the Orthodox Holland eparchy. He has also started a prison account aided by the Church Council to help the prisoners.

A PRESIDENTIAL DECREE in Greece stated that on the restoration of Mt. Athos, the government will set the wages of the conservation workers; and funds allocated for monasteries on Mt. Athos will be funneled through relevant archaeological services.

IN YERMASOYIA, near Nicosia, Cyprus, a chapel of wood in the Russian style is being built to serve as a place of worship until St. Nicholas Russian Orthodox Cathedral is completed.

THE ISRAELI SUPREME COURT ruled that the ownership of the property of the Kufr Smeith parish should be given to the local parish and taken away from the Patriarchate of Jerusalem. The parish is to be administered by the local parish.

SMALL ICON STANDS for home use can be made following the plans of Edward Bendekgey of 636 Hughes St. SW, Canton, OH 44709. Phone 330-494-0081. He is willing to share his plans as well as a sample to any Church School. It is a great learning tool for church schools.

THE PRIEST MADE AN ERROR in giving Communion to President Clinton. Information released stated that this is going against the canonical norm and no bishop's conference or bishop can advance a different rule.

THE GREEK ARCHDIOCESE urges Orthodox to "Rediscover Liturgical Roots." The Religious Education Department has set up a 5-year Cathetical Plan to implement this.

ST. MARY OF EGYPT ORTHODOX MISSION, PO Box 771025, Cleveland, OH 44107 continues to help women, children, men, elderly, handicapped, refugees and terminally ill children along with their families from around the world.

A RUSSIAN ORTHODOX PRIEST who has made dozens of parachute jumps has made one at the North Pole and planted a 66-inch high wooden cross. He gave the first sermon ever delivered there. Fr. Victor Smetannikov is rector of a church in Novosibirsk.

AN IKON, "THE TRIUMPH OF THE VIRGIN," commissioned for the city of Port Arthur, Russia in 1904 and then lost, has been returned. When war broke out between Japan and Russia, 10,000 people contributed 5 rubles each for the ikon. The ikon arrived in August 1904 in Vladivostok and kept until the siege of Port Arthur would be lifted. Clergy stored the ikon in the Assumption Cathedral (which is being restored). Port Arthur fell to the Japanese and the ikon was taken by the retreating Russian forces. It was lost to history. It was seen in a Jerusalem antique shop in February 1998 by a monk of the Ussurisk Monastery. He reported it and it was purchased by the Vladivostok Eparchy and was solemnly installed in St. Nicholas Church early in May.

•The Dormition

often dried and placed in the ikon corner as a reminder of our Christian destiny in reaching the heavenly kingdom, through the same saving power of Christ, and with the prayers of the Mother of God.

We often hear this Holy Day called by other names as the Falling Asleep of the Mother of God, the Assumption and Uspeniye. It is celebrated on August 15/28 and follows a 15-day Fast Lenten period.

•Observation on Carpathian Tours

edified. When we let ourselves be touched by the culture, getting past its difference to its wisdom, practicality, resilience and humor, we are forced to reflect on our goals. Their lives, become a gift to us, turning our usual understanding of almsgiving on its head. When we follow their stories more passionately and closely, we no longer think in terms of our generosity. Faced with their hopeless and yet heroic dramas, we blurt out instead, "Oh for God's sake, here, just take it!"

Now we're getting closer to closing the gap – when God reached out to us from a world away. We realize that our cup indeed overfloweth.

There seems to be little or no help from the government or from international organizations for them. In former times, they had a dictator, and they had a shortage of food before a new harvest, but some help came in; now they have a democracy with self-serving politicians and people are still hungry.

TEN COMMANDMENTS SERIES - THE DECALOGUE

August 2 – I AM, the Lord your God; you shall not have strange gods before Me.

O God, You are the Author of our being. You have made us in Your image and likeness and endowed us with the power to reason and the ability to choose between good and evil. But because of our sinful actions, we have replaced Your sovereign power in our lives with temporal things. We have worshiped Your creation, instead of You, the Creator of all things both visible and invisible. We have made our lives complicated by lusting for power and worldly glory. We have sought after human comeliness instead of an inner eternal beauty. We have stored up treasures on earth where moth and worm destroy instead of in the Eternal City of Heaven. Therefore, O loving and patient Lord, help us simplify our lives by laying aside all earthly cares. May we do Your will now and until our dying breath. We pray to You, O merciful One, hear our petition, and have mercy on us.

August 9 – You shall not take unto yourself any graven image.

O Lord, born of the most-pure Virgin; You became man, so that, we may attain to the heights of heaven. You became incarnate to free us from the ancient curse of idolatry. We have no other desire than to worship You, as King and Lord. We have no other God except You, for You have taken away the sins of the world. Do not show us Your wrath, O Lord, nor destroy us in our sins. Have mercy on us according to Your loving-kindness, according to Your tender mercy blot out our transgressions. Guide all those searching in the realm of false religion into the safe harbor of the Church. Reveal to them the Gospel of righteousness and save them by Your grace. O Lord, our Way, Truth and Life, listen to the fervent petition of your children, and have mercy on us.

August 16 – You shall not take the Name of the Lord God in vain.

We adore Your most-honored and sublime Name, O Jesus, our Savior, and we humbly ask and implore You: May our lips be filled with Your praise that we may sing and bless You everyday and forever. Teach us how to pray with all our hearts, minds and souls. Forgive us when we use Your Name for any evil purpose. May our words never turn anyone away from You but always be acceptable in Your sight. May we never embitter or embarrass anyone due to our speech. Bless us with discernment. Guide our thoughts and tongues. O Lord, Whose Name is majestic in all the earth, hear our prayer from the depths of our hearts and have mercy on us.

August 23 – Remember the Sabbath day; keep it holy.

O Jesus, our Savior, You are the Hope of all those who rest from their labors. You have given us the Sabbath Day, as a way to refresh our bodies and souls from the week that has passed. You rested on the seventh day from the work of creation, so too, we pause and meditate upon all the works of Your Hands. You have commanded us to work for our benefit and delight. Help us to provide for our families and those dear to us. May our charity assist the needy, the destitute and the downtrodden. May we be strengthened to take on the obligations of this coming week. Help us to encourage others to meet their full potential in You. O Lord, our Guide and Fellow-traveler, hear us on this day as we pray to You, and have mercy.

August 30 – Honor your father and mother.

O Lord, You created male and female for the procreation of the human race, and have blessed the fruit of their union with children. You have known me from my mother's womb. Grant that I may always honor my parents, grandparents, and all couples who have dedicated themselves to You in Christian marriage. Increase our respect for them. May be never dishonor them through shameful actions committed in word or deed. If they have fallen asleep into eternal rest, grant them everlasting life in Your Kingdom. May we continue to show our love for our departed loved ones by daily, weekly, and yearly memorial prayers. Help us to teach our children to remember the names of our departed ancestors thereby keeping their memory to be eternal. O Lord, Almighty God of our Fathers, we pray to You, hear us and have mercy.

Raymond Mastroberte

•Kitchen Corner

add a bit of carrot for more color.

Note: I find that sauerkraut in a bag, which is usually found at the meat counter, is the best. It is more like European kraut. Since kraut varies, I usually add less sugar and oil and vinegar. Taste and then add whatever is needed. This salad keeps quite a while in the refrigerator, and you don't have to worry about it spoiling at a picnic if you give it reasonable attention.

SUGGESTED QUESTIONS

The Bible Reading for the Holy Day of Transfiguration leaves us full of questions for research. What a fantastic reading it is for study by a Bible Class. Some of the questions which it brings to mind are:

1. Where else besides Matthew 17:1-13 can we read about the Transfiguration?
2. Why did Christ go up on a mountain?
3. Why did only three of the Apostles go with Him?
4. Why did Moses and Elijah appear?
5. Why is this Holy Day celebrated in August rather than in the Spring before He was crucified?
6. Why was the name Transfiguration chosen for this event?
7. Why do we bless grapes and other fruit on this day?
8. Did Jesus touch the three Apostles who accompanied Him?
9. Why did Jesus tell them not to tell anyone abut the event?
10. Why did Jesus tell the Apostles that they could not remain on the Mount?

MANY PLACES

On August 6/19 we celebrate the Transfiguration of Our Lord on Mount Tabor. We can find the event discussed in Matthew 17:1-9 Mark 9:2-13; Luke 9:28-36; 2 Peter 1:10-19. The first and last readings are to be read in the church on this day.

At the Transfiguration, Christ was declared to be the Son of God. Divine confirmation was made and Christ's true nature was disclosed and a promise of His future glory was given.

Moses and Elijah appeared with Christ on Mount Tabor. Moses and Elijah represent the Law and the Prophets and confirm the teaching of Christ about the Cross.

The bright cloud which appeared was a traditional symbol of the Divine Presence. The Voice: "This is My beloved Son, in whom I am well pleased; hear ye Him," was the climax of the vision and Peter, James, and John fell on their knees in terror.

The Transfiguration is a highwater mark in the ministry of Our Lord for His disciples. For the first time the three disciples learned that Christ was both the Son of Man and the Messiah of God. From this time on they stood in awe of Christ who was truly man and God. Who was human and yet was chosen Messiah of God, and the King of the coming Messianic Kingdom. The tremendous secret of Our Lord was no longer His secret alone, for Peter, John and James shared it.

SPIRITUAL GIFTS

Parents play such an active part in the lives of the modern children. They take them to lessons, to soccer practice, to the dentist, psychologist and doctor. They worry about the education they are receiving.

But how many parents, in the midst of all the wonderful things they do for their children, place their hands on their children's heads and give them a blessing? What powerful memories that would give them of their parents' hands, placed upon them in prayer.

Jesus gave us an example of how to bring spiritual blessings to children. In Matthew 19:13 we read: "Then children were brought to him that he might lay his hands on them and pray."

We give many material gifts to the younger in order to prepare them for the future, but we must not forget also to give them the best spiritual gifts we have to offer.

As children we knelt at our parents' bed and prayed in unison after which each child received a blessing and then kissed the parents' hand.

Together we concluded with a simple statement. "O God, be my helper this night for I am going to sleep."

"O Bozhe moi say nochi budi mni na pomochi, bo ya yzhe idu spati."

WHICH ARE YOU?

It is of interest that on the days we remember the Mother of God: Her Birth, the Protection, Her Presentation into the Temple, and Her Dormition – the same gospel reading is prescribed Luke 10:38-42; 11:27-28.

The verses from chapter 10 tell the story of Mary and Martha. In verse 41 Jesus says: "Martha, Martha, you are anxious and worried about many things."

Perhaps no saint gets such bad press as poor Martha. Busy, busy Martha, hustling about, getting so many things done. And fretting about the many things that are not getting done. The Marthas of this world can have their priorities confused at times, but ask any pastor and parish; you can't get along without them.

Christ, the perfect guest even as He is the perfect host, would have his hostess be at ease. When he visited Mary and Martha, one dish would have been enough. But He and others do need that one dish. It is the worry and anxiety that we don't need. If we are the busy-busy type, then let us enjoy our busyness, get done what we can, and be at peace about the rest – and not try to make the Marys like us.

We need the service of the Marthas and we need the leaven of the Marys. We need the constant reminder that it is not what we do or don't do but the love we put into life that counts.

Are you a Martha or a Mary?

* * * * * *

Fill a place – not a space.

* * * * * *

The doorway in our life that we seal shut to keep out the pain, is the same door through which love must enter.

* * * * * *

Light Moment

Parents – people who bear infants, bore teenagers and board newlyweds.

Dabs of Thoughts

Experience does all of her teaching backwards; she gives a test before explaining the lesson.

He who takes, but never gives, may last for years, but never lives.

The priest uses a book for the services which has directions telling him when to incense, open the door, etc. These directions are printed in a different type from the prayers. Originally they were printed in red. From this rubrics got its name. The word rubric came from the word red.

Unless we come apart and rest awhile, we may just plain come apart.

Middle C

Robert Browning spoke of Christ as "the C Major of this life." Piano teachers early on in their lessons tell their students to first find middle C and then carry on. If Christ is our point of reference and if we begin with Him, all else will come into proper alignment and harmony. St. Paul in his letter to the Colossians 3:11 put it this way: "Christ is everything and everywhere." Are we right with Christ? Are all our decisions being made with reference to Him? Is He our middle C?

A catechist is one who pursues and convinces others of the truth of the faith. An elder or staretz is one who can give spiritual guidance to others.

Education can be for good or for evil; it can strengthen a society or destroy it. To believe that education can neglect the source of all wisdom, the triune God, is to believe that folly and suicide are better than wisdom and life.

For an Orthodox Christian, God exists in every aspect of daily life. The Christian lives day by day in God, not living with a "thank God it's Friday" mentality, but rather from one Church feast to another, the feasts being linked in one whole to form a guide to spiritual life. The soul is nurtured with inward quietness obtained from the Divine Services and feasts of the Church year.

The Mystical (Last) Supper in traditional icons is depicted with Christ and His disciples seated at a compact semi-circular table, instead of the long rectangular table seen in Da Vinci's composition.

When one walks in a peaceful state, it is as if he ladles out spiritual gifts with a spoon. St. Seraphim



EDITORS' NOTES

At this time of year, many people travel and attend services at churches other than their own. Unfortunately, in most parishes, people venerate the Cross and practically run from the church, giving only cursory greetings to people that they know. The visitors are stared at at best, and in only a few places are they invited to the coffee or better yet taken there. Both visitors and church members could benefit by showing some hospitality – that which is discussed in the reading for Mary and Martha. Be hospitable.

Some parishes are blessing seeds at the Holy Day of Dormition and sending them on to Eastern Europe. How delighted they are to receive them. They are intrigued by the varieties we have and are sometimes unfamiliar with the vegetable. They plant them, save the seeds and share them with neighbors.

During this past year, we have seen or heard in detail about many funerals on TV. Sometimes, as part of the service, friends or relatives give memorial speeches. Sometimes they tell jokes or sing favorite songs. What do you think of this? Some have a private, traditional funeral and later hold a memorial service where all the above takes place. Unfortunately, these tributes are getting less sedate. At one recently held in a church, a horse was brought into the church because the deceased loved animals. Where will it end?

One of our readers wrote that she is upset by the changes in her parish. She doesn't feel right holding hands during the singing of "Our Father." They have stopped kneeling in her parish for this prayer and have advanced to this. She also does not appreciate the priest saying "Good morning" to the congregation before he begins the Divine Liturgy.

We have received several calls asking what bigos was. It was mentioned in the July Editor's Notes. It is an old family recipe made with cabbage and sauerkraut. We will have it in the Kitchen Corner sometime this fall.

If your religious education class or Bible study group resumes sessions in September, it is time to order a packet of The Orthodox Herald to help in the discussions. Write to us for information or call 717-256-7232.

The goldenrods are ready to bloom here in northeast Pennsylvania. When I was a child, that was a sign that school would soon begin. There was always a last rush to go swimming in the creek and have as many hot dog roasts as possible. At that time goldenrods all looked alike to me. It wasn't until later when I gathered a bunch to arrange and tried to make an oil painting, that I realized that they take many forms. We are not affected by the blooming of the goldenrods as far as school is concerned but this still signals the coming of fall.

The Stroyens

ST. HERMAN

St. Herman was recognized as a saint in 1970. He was added to the church calendar on August 9/22 as a Wonderworker and Patron of the Church in America.

Father Herman was born in the town of Serpuhov near Moscow. The same town mentioned in our May issue in the article concerning the ikon of The Inexhaustible Chalice. He became a monk at sixteen and six years later was received into the Valaamo Monastery in Russian Finland.

He was selected to make the 7,327-mile trip to Alaska in 1793 to bring the Gospel to the people of Alaska. In a few short years the other nine members of the missionary group died, leaving Father Herman with the task of enlightening the Aleuts, Eskimos and Indians.

He chose to live on Spruce Island, which is located close to Kodiak. He felt that this was most conducive to a life of continual prayer, severe fasting and good works. He devoted long hours to teaching the basic precepts of the Christian faith. He also taught the natives agriculture, carpentry, and many other practical crafts. He nursed the sick and fought for the rights of the natives before the administrators of the Alaska colony. He loved the children and founded an orphanage and a school for them.

Father Herman never considered his "involvement" in Alaska as a "cause." His faith was in the saving Grace and Mercy of God. He knew that sin exists, and he called all he worked with to repentance. He did what he did because he was an Orthodox Christian, rooted in the Scriptures, Holy Tradition, proper liturgical worship and the idea of prayer without ceasing.

He was no clever innovator. He worked only within the ancient and ongoing tradition of the Holy Fathers and Saints such as Basil the Great, Sergei of Radonezh, Seraphin of Sarov.

He is truly the "North Star of Christ's Holy Church," guiding us by the example of his holy life and good deeds.

THE BABAS TAUGHT ME

We were driving home from church when Baba remarked on how few children were in church. She couldn't understand why grandmothers skipped church rather than take their grandchildren with them when they were babysitting. She remarked that, unfortunately, many of the grandchildren are of a different faith, but that shouldn't stop Baba from taking them to her church so that they could understand a little about her faith. But, too many grandmothers deprive their grandchildren by fearing that their children will be displeased.

Now in August most children are on vacation. Why shouldn't grandmother let them gather the flowers and make a bouquet to take to church? The children would be interested in the blessing. This is also true on the Transfiguration – let them arrange grapes and apples and other fruit in baskets and take them to church. They could share their fruit with others who did not bring any. How happy this would make the children and the other congregants who would be pleased.

But grandma must remember not to take non-Orthodox children up for communion. It is not fair to the children or their parents and it is against the rule of the Orthodox Church.

Baba was reluctant to leave my air-conditioned car and face the heat of the day. I helped her out and I told her that I would share what she had told me.

MISSION AND ALASKA FUNDS

Helping to send copies of The Orthodox Herald to Alaska with the Alaska Fund and to areas other than Alaska with the Mission Fund are those listed. They serve as "Missionaries in Abstentia" to help in teaching about the Orthodox Faith and the Orthodox world.

Alaska and Mission Funds John Russian, Teresa Potopchuk, Steve Alushim, Anna and Stanley Kapuska, Theodore Demchak, Ethel Watlock.

Alaska Fund John and Ann Worobey

Mission Fund Tammy Faight, Connie Morgan



One of the salads which is popular in Eastern Europe is Sauerkraut Salad. It is interesting how the recipe has changed in America. We add more sugar and vinegar to obtain a more pronounced sweet-sour taste. I give you both recipes – one the way my relatives in the old country made it and the way my relatives in this country make it. On both sides of the Atlantic they gave me the recipe "just put a little of this and a little of that" and taste (   ).

SAUERKRAUT SALAD (Adapted)

1 large can sauerkraut
1 cup chopped celery
1 cup chopped peppers, red and green if possible
1 small chopped onion
1 grated carrot or pimento, optional

Dressing

1/2 cup oil
1 cup white sugar (or less)
1/4 cup vinegar

Squeeze juice from sauerkraut and save. Taste, if too sour, wash in cold water, drain. Add celery, peppers, and onion. Carrots or pimento give color. Mix ingredients for dressing until sugar is dissolved. Add and mix well. Taste, add more vinegar or sugar as desired.

SAUERKRAUT SALAD (European)

1 lb. sauerkraut	2 Tbls. sugar
1/4 cup oil	1 apple
1 teas. caraway seed (optional)	pepper

Rinse and drain sauerkraut. Sprinkle sugar over. Pour over all the oil. Add caraway seed, if desired. Add apple, which has been peeled and diced. Some people

(Continued on Page 21, Col. 3)

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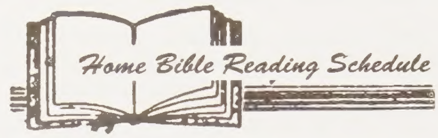
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1 Matt 12:30-37
2 **Matt 14:14-22**
3 Matt 18:1-11
4 Matt 18:18-22, 19:1-2, 13-15
5 Matt: 20:1-16
6 Matt 20:17-28
7 Matt 21:12-14, 17-20
8 Matt 15:32-39
9 **Matt 14:22-34**
10 Matt 21:18-22
11 Matt 21:23-27
12 Matt 21:28-32
13 Matt 21:43-46
14 Matt 22:23-33
15 Matt 17:24-18:4
16 **Matt 17:14-23**
17 Matt 23:13-22
18 Matt 23:23-28
19 Matt 17:1-9
20 Matt 24:13-28
21 Matt 24:27-33, 42-51
22 Matt 19:3-12
23 **Matt 18:23-35**
24 Mark 1:9-15
25 Mark 1:16-22
26 Mark 1:23-28
27 Mark 1:29-35
28 Luke 10:38-42; 11:27-28
29 Matt 20:29-34
30 **Matt 19:16-26**
31 Mark 3:6-12

BIBLE STUDY

In Matthew 18:23-35, Jesus talked about a man who owed the king a very large debt – ten thousand talents. This amount would have taken 15 years of wages to settle. Because he begged for mercy when the payment was due (lest he be thrown into prison and his family become beggars), the king was moved with compassion and forgave him all.

This same man who had been forgiven so much went out and found a man who owed him one hundred denarii – a sum which could be worked off in a day. Because he couldn't pay up on the spot he had him thrown into prison, ignoring the man's pleas for mercy.

When the king (who had forgiven so large a sum) heard what this man had done, he was angry. He took back his forgiveness and threw that ungrateful man into prison until he could pay all.

The inconsistency of our asking God to forgive us while we remain unwilling to forgive others is an affront to Him. He's not going to put up with it. If we think we can get Him to forgive our wrongs while we fail to forgive others their wrongs; God says we can forget it. "For if we forgive others their trespasses our Heavenly Father will also forgive ours; but if we forgive not others their trespasses neither will our Heavenly Father forgive ours."

The story is told of two men who traveled through life with sacks on their backs. Each time a hurt was received they would place it in what became known as their "injury sack." One man's sack became so bulging and heavy he couldn't walk without difficulty or pain. The other man's sack was empty and light. There was nothing in it.

"How can your 'injury sack' be empty?" a stranger asked. "Haven't you ever been hurt?"

"O, yes, I've been hurt many times," the man replied. "As my sack grew large and its weight became unbearable, I asked a friend one day if he would help me to carry the load.

"No one can help you carry the load of hurt," he continued. "But there is a way for you to rid yourself of it. Take the scissors of forgiveness and slit the bottom of your sack, and your load of hurt will fall away. That's what I chose to do that day. Since then, I take all the hurts which I receive and place them into my 'injury sack' as before, but now they simply slide out the bottom. That's one load I choose not to carry."

The decision is ours to make. We can go through life carrying a load of forgiveness in our heart with all the resentment, depression, cynicism and emotional and spiritual fallout it brings, or we can forgive our offender as Christ forgave His. To forgive or not to forgive. That is a decision which we alone can make. What will it be?

CHUCKLE

A state police helicopter spotted a speeder on the highway and radioed the description of the car to the ground trooper.

When the trooper pulled the speeder over to the side of the road and was writing out his ticket, the driver looked puzzled and asked, "How in the world did you know I was speeding?"

The patrolman continued about his business but pointed skyward.

"Golly," the speeder said with astonishment. "You mean He's turned against me too?"

PRESS FUND

Thank You/Spasebo to all who have not forgotten us during these hot, humid days. Everything slows down at this time of year so we are especially grateful for you remembering the continuing needs of <u>The Orthodox Herald</u>. Helen Cudlic, Irene Rossi, Steve Alushin, John Russian, Shirley Sass, **Evelyn Zaleckis,** Joseph Evanchick, Theodore Demchak, **John and Ann Worobey, Xenia Bancer,** Helen Costa, Mary Kochmaruk, Anna and Stanley Kapuska, Andy Clements, Lori Ortega, **Mary Kinn,** Helen Wichart, Mary Gillow, Irene Allen, Faye and Andrew Fick, Ethel Watlock, Rosalia Pikulin. Teresa Potopchuk in memory of brother Stephen Krafchak, Jr. Bernice Dombrowski in memory of husband Walter. Linda Roe in honor of baptism of Barbara Nanninen.